Claims

1	1.	A virtual sound system comprising:	
2	a net	work-based program for generating sleep inducing sounds at a user	
3	location.		
1	2.	The system of claim 1 wherein said sound has a frequency	
2	between 3 and 30 Hz.		
1	3.	The system of claim 1 wherein said program is linked to a Web	
2	site.		
1	4.	The system of claim 1 further comprising a sound controller	
2	selected from	n the group consisting of volume control and sound play duration.	
1	5.	The system of claim 1 further comprising a visual stream	
2	changing in	changing in concert with said sound.	
1	6.	The system of claim 1 further comprising an alarm clock	
2	routine.		
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1	7.	A virtual sound system comprising:	
2	a network-based program for creating an auditory alarm signal at a user		
3	location in response to an input of an activation time t		

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- 1 8. The system of claim 6 wherein said auditory alarm signal is a television broadcast.
- 1 9. The system of claim 6 wherein said auditory alarm is a user preselected video.
 - 10. The system of claim 9 wherein said video is an output of a source selected from a group consisting of: on-line video stream, DVD and VCR.